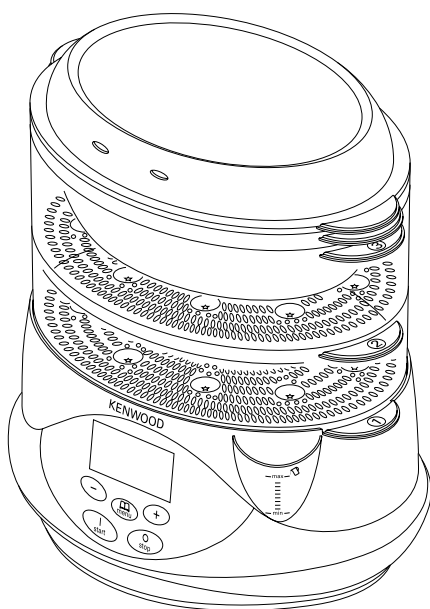
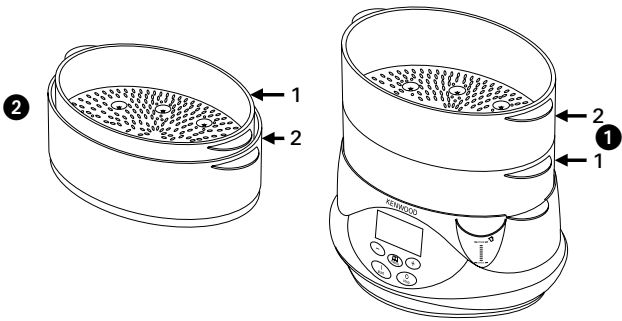
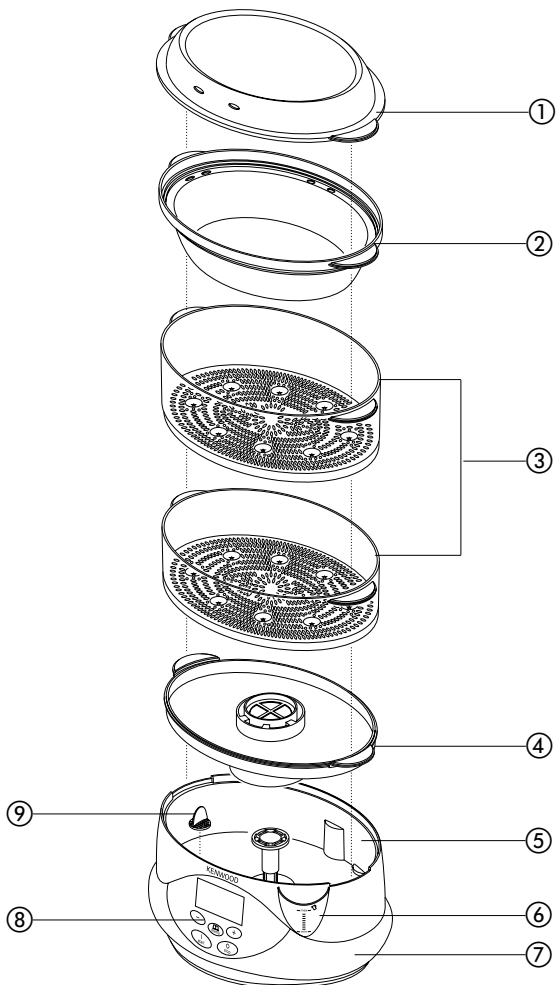


KENWOOD



FS450/460 series



safety

machine safety

- This machine produces steam which can burn you.
- Don't get burnt by steam coming out of your steamer, especially when removing the lid.
- Be careful when handling anything: any liquid or condensation will be very hot. Use oven gloves.
- Don't let children or infirm people use the steamer without supervision.
- Never let the cord hang down where a child could grab it.
- Never use a damaged steamer. Get it checked or repaired: see 'service and customer care'.
- Never put the steamer, cord or plug in water – you could get an electric shock. Keep the controls clean and dry.
- Always unplug the steamer when not in use.
- Never put your steamer on a cooker or in an oven.
- Never move your steamer if it contains anything hot.
- Don't let children play with this appliance.
- Only use this appliance for its intended domestic use.

food safety

- Cook meat, fish and seafood thoroughly. And never cook them from frozen.
- If you're using more than one basket, put meat, poultry and fish in the bottom basket so that its raw juice cannot drip onto food below.
- Do not reheat cooked rice in your steamer.

before plugging in

- Make sure your electricity supply is the same as the one shown on the underside of your steamer.

important (UK only)

- The wires in the cord are coloured as follows:
Green and Yellow = Earth,
Blue = Neutral,
Brown = Live.
- This steamer complies with European Economic Community Directive 89/336/EEC.

before using for the first time

- 1 Remove all packaging and any labels.
- 2 Wash the parts: see 'care and cleaning'.
- 3 Wipe the water tank with a damp cloth, then dry.
- 4 Push excess cord into the back of the appliance.

know your Kenwood food steamer

- ① lid
- ② rice bowl
- ③ baskets*
- ④ drip tray
- ⑤ water tank
- ⑥ exterior fill funnel
- ⑦ base
- ⑧ controls
- ⑨ strainer

* Your steamer may be supplied with 2 or 3 baskets depending upon the model purchased.

to use your steamer

- Keep your steamer away from walls and overhanging cupboards: the steam could damage them.
 - Season food **after** cooking. If seasoning gets into the water, it could damage the heating element.
 - See the cooking guides on pages 5 and 6.
- 1 Fit the strainer inside the water tank. (It stops bits getting into the element.)

- 2 Pour cold water into the tank. Always make sure the water is between the 'Min' and 'Max' levels marked. (When filled to 'Max', this will produce steam for approximately 45-50 minutes.)
- Filtered water is best as it reduces limescale prolonging the life and efficiency of your steamer (Kenwood water filters are widely available).
- Don't add **anything** (even salt or pepper) to the water – it could damage the heating element.
- To avoid the water level dropping below 'Min', you can top up during cooking. Simply add water via the exterior fill funnel, taking care not to overflow.
- 3 Sit the drip tray inside the base.
- 4 Stack the baskets on the base, starting with the lowest numbered basket at the bottom and the highest number at the top ❶. (The numbers are marked on the basket handles).

using the rice bowl

- Put water and rice in the rice bowl. Put the rice bowl into a basket. (You can also cook something in the other basket(s) if required.)
- 5 Fit the lid, plug in. The whole display will illuminate and the buzzer will sound. (Should the display fail to illuminate press the 'start' button.)

to select from the menu

Press the 'menu' button, and each time the button is pressed the menu will scroll around to display a pre-set time and suggested usage. The choices are as follows:- 10 minutes 'keep warm', then to cook the following, shellfish 10 minutes, eggs 12 minutes, fish 15 minutes, vegetables 20 minutes, chicken portions 35 minutes and rice 40 minutes. Once the time is displayed

on the menu it can if necessary be adjusted higher or lower using the '+' and '-' buttons. Once the desired time has been selected press the 'start' (I) button.

To stop the steaming process press and hold down the 'stop' (O) button.

to select a time

To select a time different to the displayed time of 45 minutes, press the '+' or '-' buttons to increase or decrease the time. When the desired time is displayed, press the 'start' button and the steamer will switch on and the cook symbol will flash. To stop the steaming process press and hold down the 'stop' button.

- After 1 minute, if the time/menu is displayed but the start button has not been selected, the display will switch off. To re-select a programme press the 'start' button.
- A buzzer will sound whenever the start button is pressed or when the steamer switches off.

keep warm function

The flavour and nutritional value of steamed food is best when freshly cooked. However, should you wish to keep food warm for a short period of time, select 'keep warm' on the menu and if necessary adjust the time accordingly.

- 6 Unplug and clean after use.

important

At the end of the cooking cycle your steamer will **automatically** switch to the keep warm setting for 10 minutes. During this time the steamer will cycle on and off, so take care as steam may be produced when you're not expecting it.

To switch the steamer off or to cancel the keep warm setting, press and hold down the stop button.

hints

- Condensation will drip from the upper basket into the lower basket. So make sure the flavours go well together.
- Liquid left over in the drip tray is good for making soup or stock. But be careful: it will be very hot.
- You can also use the rice bowl for cooking anything in liquid (eg vegetables in sauces or poaching fish in water).
- Leave gaps between pieces of food. And put the thicker pieces nearer the outside.
- Stir large amounts half way through cooking.
- Smaller amounts cook faster than larger amounts.
- Similar-sized pieces of food cook evenly.
- Like a conventional oven, you can add food as you go along. If something needs less time, add it later.
- If you lift the lid, steam will escape and cooking will take longer.
- The cooking times on pages 5 - 6 are guides based on using the lower basket. The higher the food is, the slower it cooks. So allow an extra 5 - 10 minutes for food in the next basket above. Check that food is thoroughly cooked before eating.
- If your food's not cooked enough, reset the time. You may need to top up with water.

care and cleaning

- Before cleaning, always switch off, unplug and let everything cool.
- Never put your steamer base in water or let the cord or plug get wet.

cleaning the water tank

- Empty, then rinse out with warm water and dry.

cleaning the outside

- Wipe with a damp cloth, then dry.

all other parts

- Wash, then dry.
- You can wash the plastic parts (excluding steamer base) on the top rack of your dishwasher, on a low heat.
- For storage, stack the baskets one inside the other, starting with the highest numbered basket and finishing with basket number 1 ②.
- Push excess cord into the back of the steamer.

descaling

- Descale after 7-10 uses, depending on how hard your water is. Descaling increases steam power and helps your steamer last longer.
 - 1 Pour clear vinegar into the tank up to 'Min'. **Don't use a descaler.**
 - 2 Fit the drip tray, basket and lid.
 - 3 Plug in and set the timer for 20-25 minutes. Ensure the room is well ventilated. Unplug if the vinegar overflows.
 - 4 Unplug and when the steamer is cool, pour away the vinegar and rinse out the tank several times with water. Wash the drip tray, basket and lid.

service and customer care

- If the cord is damaged it must, for safety reasons, be replaced by Kenwood or an authorised Kenwood repairer.

UK

If you need help with:

- using your steamer
 - servicing or repairs (in or out of guarantee)
- ☎ call Kenwood Customer Care on **023 9239 2333. Have your model number ready** - it's on the underside of your steamer.

Eire

- See our advertisement in Golden Pages.

other countries

- Contact the shop where you bought your steamer.

guarantee (UK only)

If your steamer goes wrong within one year from the date you bought it, we will repair or replace it free of charge provided:

- you have not misused, neglected or damaged it;
- it has not been modified (unless by Kenwood);
- it is not second-hand;
- it has not been used commercially;
- you have not fitted a plug incorrectly; and
- **you supply your receipt to show when you bought it.**

This guarantee does not affect your statutory rights.

cooking guides

- These cooking times are only guidelines.
- Read 'food safety', page 2, and 'hints', page 3.

vegetables

- Clean vegetables before cooking. Remove stems and peel if you like.

| vegetable | quantity | preparation | minutes |
|-------------------|------------|-----------------------|---------|
| Asparagus | 454g (1lb) | Trim | 15 |
| Beans, green | 454g (1lb) | Trim | 15-20 |
| Beans, runner | 454g (1lb) | Trim and thinly slice | 15-20 |
| Broccoli | 454g (1lb) | Cut into florets | 20 |
| Brussels sprouts | 454g (1lb) | Trim and cut bases | 25 |
| Cabbage | 1 small | Shred | 25 |
| Carrots | 454g (1lb) | Thinly slice | 20 |
| Cauliflower | 1 medium | Cut into florets | 25 |
| Courgettes | 454g (1lb) | Thinly slice | 15 |
| Celery | 1 head | Thinly slice | 15 |
| Leeks | 3-4 | Thinly slice | 15 |
| Mange tout | 227g (8oz) | Trim | 15 |
| Mushrooms, button | 454g (1lb) | Wipe | 10 |
| Parsnips | 454g (1lb) | Dice or thinly slice | 15 |
| Peas | 454g (1lb) | Shell | 15 |
| Potatoes, new | 454g (1lb) | Wipe | 30 |

| eggs | preparation | minutes |
|----------------------|----------------------------------------|--------------------------------|
| Boiling* or poaching | Use a cup or ramekin dish for poaching | 10-12 for soft, 15-20 for hard |

* When boiling eggs, place them in the built in egg holders in the bottom of the basket.

poultry and fish

- Don't overcrowd the baskets.

| food | quantity | minutes | comments |
|---------------------------|------------------|---------|------------------------------------------|
| Chicken, boneless breasts | 4-5 | 30 | Steam until thoroughly cooked and tender |
| Clams | 454g (1lb) | 10 | Steam until open |
| Prawns, medium | 454g (1lb) | 10 | Steam until pink |
| Fish, fillets | 227g (8oz) | 10 | Steam until it flakes |
| Fish, steak | 2.5cm (1") thick | 15-20 | Steam until it flakes |
| Fish, whole | 340g (12oz) | 15-20 | Steam until it flakes |
| Lobster tails | 2-4 | 20 | Steam until red |
| Mussels | 454g (1lb) | 15 | Steam until open |
| Oysters | 6 | 15 | Steam until open |
| Scallops | 227g (8oz) | 15 | Steam until hot and tender |

cooking guides *continued*

cereals and grains

- When using the rice bowl, you still put water in the tank. But you can put a different liquid, such as wine or stock, inside the rice bowl to cook your rice in. You can also add seasoning, chopped onions, parsley, almonds or sliced mushrooms.

| food | quantity | liquid to add to rice bowl | minutes |
|-----------------------------------------------|---------------------------|--------------------------------------------------------|----------------------------|
| White long-grain rice (eg Basmati, easy cook) | 100g (4oz) | 125ml (4fl oz) | 25 |
| | 200g (8oz) | 250ml (9fl oz) | 30 |
| | 300g (12oz) | 375ml (13fl oz) | 35 |
| Brown rice | 100g (4oz) | 125ml (4fl oz) | 40 |
| | 200g (8oz) | 250ml (9fl oz) | 45 |
| | 300g (12oz) | 375ml (13fl oz) | 50 |
| Couscous | 200g (8oz) | 150ml (5fl oz) warm water | 15-20 |
| Porridge | 75g (3oz) | 450ml (16fl oz) milk/water | 40 (stir half way through) |
| Rice pudding | 75g (3oz) pudding rice | 25g (1oz) caster sugar and 375-500ml (3/4-1pt) milk | 80 (stir half way through) |







Kenwood Limited, New Lane, Havant, Hampshire PO9 2NH, UK
www.kenwood.co.uk

54062/2